

Brianna S. Weissel

brianna.weissel23@gmail.com

EDUCATION

Union College, Schenectady, NY June 2022
Bachelor of Science with Honors in Psychology, Summa Cum Laude
Minor in Environmental Science and Policy
GPA 3.97

HONORS & DISTINCTIONS

Phi Beta Kappa, Academic Honor Society May 2022–present

Psi Chi, The International Honors Society in Psychology May 2020–present

Summa Cum Laude, Union College June 2022

- GPA-based distinction; graduating with a 3.8 GPA or above

Dean's List, Union College 2018–2019, 2019–2020, 2020–2021, 2021–2022

- GPA-based distinction; 3.5 GPA or above for an entire school year

RESEARCH EXPERIENCE

McLean Hospital, Belmont, MA June 2022–present
Clinical Research Assistant II
Laboratory for Affective and Translational Neuroscience, Center for Depression, Anxiety and Stress Research
P.I.: Emily Belleau, Ph.D.

- Manage two research studies with 14–18-year-old adolescents by collecting and organizing data and participant information, leading recruitment, and coordinating participant communication once enrolled
- Perform 30-min phone screens with adolescents and parents to assess eligibility for studies and make clinical judgements on study fit
- Lead participants and their parents through the informed consent
- Conduct MRI scans and act as negative feedback for participants to examine brain differences during stress between two research groups: those with major depressive disorder (MDD) and healthy controls
- Process fMRI data with fMRIPrep for analysis
- Edit and make amendments to the IRB protocol

InStride Health, Boston, MA August 2022–present
Clinical Research Assistant – Digital Health Innovation
P.I.: Daniel Gittins Stone, Ph.D.

- Conduct literature reviews to inform measurement-based care methods for patients with anxiety and obsessive-compulsive disorder (OCD)
- Co-develop training for measurement-based care implementation
- Collaborate on the development of the digital diagnostic assessment used to diagnose pediatric mental health conditions
- Assist in companywide implementation and analysis of measurement-based care and measurement-based care outcomes (ensuring patients receive assessments, checking accuracy, compiling monthly outcomes, etc.)
- Edit and review intake questionnaires for patients and their parents
- Perform needs assessment for development of telehealth-related software under the guidance of the Director of Digital Health Innovation
- Perform post-treatment data collection

- Participate in cognitive behavioral therapy (CBT) and exposure and response prevention (ERP) training for the treatment of pediatric anxiety disorders and OCD
- Participate in weekly research and clinical team meetings to discuss clinical outcomes
- Participate in health equity training

McLean Hospital, Belmont, MA

June 2021–June 2022

Clinical Research Intern

Laboratory for the Study of Adult Development

P.I.: Mary Zanarini, Ed.D.

- Observed weekly 75-minute mentalization based therapy (MBT) group therapy sessions with 8 participants with borderline personality disorder (BPD)
- Reviewed participants’ diagnostic interviews and discussed ongoing studies in weekly lab group meetings
- Entered participant data into REDCap for MBT study
- Trained in diagnostic interview techniques for multiple questionnaires (BIS, SCID, DIPD, DIB-R)
- Attended student seminar series on various research topics, including conducting human research, brain and behavior in child mental health, and fear and posttraumatic stress disorder (PTSD)

Union College, Schenectady, NY

September 2021–April 2022

Senior Honors Thesis, Independent Researcher

Psychology Department

Thesis Advisor: Linda Stanhope, Ph.D.

Thesis Title: “The Role of the Sibling Relationship During Stressful Life Events”

- Analyzed questionnaire results from college students using IBM SPSS Statistics to test hypotheses and report on findings
- Developed and adapted questionnaires to examine if variables such as emotional support and gender affect sibling disclosure during times of stress
- Conducted literature review on sibling relationships during times of stress and how siblings support one another

Union College, Schenectady, NY

January 2021–May 2021

Independent Study Researcher

Psychology Department

Faculty Advisor: Linda Stanhope, Ph.D.

Paper Title: “The Role of Gender and Conflict in Young Adult Sibling Relationships: How Conflict Changes as Siblings Transition from Adolescence to Adulthood”

- Analyzed questionnaire results using IBM SPSS Statistics and reported on results
- Created questionnaires to explore how the sibling relationship changes through early adulthood with a focus on sibling conflict and gender dyads
- Performed background literature research and summarized findings

SecureSeniorConnections, Newton, MA

July 2020–August 2020

Research Intern

- Researched methods to reduce loneliness and social isolation in seniors as well as ways to help seniors create strong social networks
- Summarized findings for executives to use in product development for a start-up company

PUBLICATIONS

Gittins Stone, D.I., Potter, M.P., Doucette, H., **Weissel, B.**, Boger, K.D. (2023). *Comprehensive Virtual Treatment for Severe Anxiety in Youth: A Case Report*. Manuscript submitted for publication.

PRESENTATIONS

Weissel, B. (May 2023). *Stress and the Teen Brain*. McLean Hospital Laboratory for Affective and Translational Neuroscience oral presentation for psychology classes at Weston High School in Weston, MA.

Weissel, B., Belleau, E.L. (May 2023). *Stress and the Teen Brain*. McLean Hospital Laboratory for Affective and Translational Neuroscience oral presentation for psychology classes at Milton Academy in Milton, MA.

Weissel, B., Belleau, E.L. (November 2022). *Stress and the Teen Brain*. McLean Hospital Laboratory for Affective and Translational Neuroscience oral presentation for Active Minds club at Boston University in Boston, MA.

Weissel, B. (May 2022). *The Role of the Sibling Relationship During Stressful Life Events*. Psychology Department oral presentation at the Steinmetz Symposium at Union College, Schenectady, NY.

Weissel, B. (May 2021). *The Role of Gender and Conflict in Young Adult Sibling Relationships: How Conflict Changes as Siblings Transition from Adolescence to Adulthood*. Psychology Department oral presentation at the virtual Steinmetz Symposium at Union College, Schenectady, NY.

Weissel, B. (May 2021). *Revisiting Memories*. Visual Arts Panel presentation at the virtual Steinmetz Symposium at Union College, Schenectady, NY.

POSTERS

Weissel, B., Stanhope, L. (April 2023). *Sibling Conflict and Disclosure During Young Adulthood*. Poster presentation at the Eastern Psychological Association annual conference in Boston, MA.

Weissel, B., Kremens, R., Bondy, E., Pisoni, A., Auerbach, R.P., Pizzagalli, D.A., Belleau, E.L. (January 2022). *Default Mode Network and Frontoparietal Network Dynamics in Adolescents at High Familial Risk for Major Depressive Disorder*. Poster presentation at McLean Hospital Research Day at McLean Hospital in Belmont, MA.

MEMBERSHIPS

Eastern Psychological Association (EPA) November 2022–present

PREVIOUS WORK EXPERIENCE

Academic Achievement Office, Union College, Schenectady, NY September 2021–June 2022

Peer Mentor

- Met weekly with students to help them with executive functioning tasks, such as study skills, time management, and organization, while building their confidence with schoolwork
- Organized materials and prepared plans for each meeting
- Discussed mentoring challenges and triumphs at weekly meetings with advisors and other peer mentors
- Attended training with professors and deans about student mentoring strategies and methods

Nobles Day Camp, Dedham, MA

Summers 2017–2019

Camp Counselor

- Supervised ~15 5-yr-old campers while spreading enthusiasm and positive energy through arts and sports activities
- Offered emotional support, resolved conflicts, ensured camper safety
- Collaborated with co-counselors and parents to tailor programs to specific camper needs

LEADERSHIP EXPERIENCE

Panhellenic Executive Board, Union College
Vice President of Member Development

January 2021–April 2022

- Organized outside speakers and events for the Greek Life and campus community
- Advertised Greek Life events through social media
- Attended weekly executive board planning meetings

Panhellenic Recruitment, Union College
Recruitment Counselor

May 2020–September 2021

- Advised potential new members through one-on-one consultations
- Attended training sessions on empathy and effective listening

Gamma Phi Beta, Union College
New Member Educator

February 2020–January 2021

- Created Fall 2020 lesson plans and engaging activities for new sorority member education
- Led weekly meetings for 28 new members over an 8-week period

Minerva House Program, Union College
Social Media Specialist

January 2020–June 2021

- Conceived of and established the Minerva Program Instagram to advertise and highlight Minerva events (Minerva Program consists of centers for social and academic activities for the campus community)
- Collaborated with administration to create the framework and guidelines for social media posting
- Created frequent innovative posts to keep the 2,300-person community engaged in Minerva life

Golub House Council, Union College
Communications Chair

April 2019–March 2020

- Publicized news and activities for the Golub Minerva Program to the college community
- Planned Golub House events and organized marketing agenda
- Designed and ran welcoming activities for Minerva Program first-year student orientation

REFERENCES

Emily Belleau, Ph.D.

Assistant Neuroscientist, Laboratory for Affective and Translational Neuroscience, McLean Hospital
Assistant Professor of Psychology, Department of Psychiatry, Harvard Medical School
617-855-4245
ebelleau@mclean.harvard.edu

Daniel Gittins Stone, Ph.D.

Director of Digital Health Innovation, InStride Health
Psychologist, McLean Hospital
Instructor of Psychology, Department of Psychiatry, Harvard Medical School
617-669-2076
Work: daniel.stone@instride.health
Personal: daniel@danielstonephd.com

Linda Stanhope, Ph.D.

Professor of Psychology, Union College
stanhopl@union.edu